

To Study The Efficacy of Guda-Pippalyadi Choorna in Shotha with Special Reference to Sandhi-Shotha



Medical Science

KEYWORDS : Shotha, Sandhi-shotha, Guda-Pippalyadi Choorna, Zingiber officinale, Piper longum.

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ABSTRACT

Introduction: Patients of Sandhi-shotha attending OPD are increasing day by day. Today,s drastic changes in food habits, life style, increased mental stress causes insult of gastro-intestinal system as well as locomotory system. Agnimandya(anorexia) leads to Ama formation which is an important culprit in the disease process of Shotha. Aim: To study the efficacy of Guda-pippalyadi Choorna in Shotha with special reference to Sandhi-shotha. Objectives: To study the effect of Guda-pippalyadi Choorna in Sandhi-shotha. To observe the adverse effects of Guda-pippalyadi Choorna if any. Materials and methods: Selected drug: Guda-Pippalyadi Choorna.(Zingiber officinale, Piper longum and jiggery); Duration: 60 days; Study design: Open control trial; Sample size: 50. Observations and results: The drug has significant effect on symptoms like Sandhi-shotha, Sandhi-gaurava, Ushna-sparsha, Siratnutva, Vaivaranya, Agnimandya and Sandhi-shoola as p value is less than 0.05. Conclusion: The Guda-pippalyadi Choorna is effective in Sandhi-shotha

INTRODUCTION

In Charak Samhita Chikitsasthana 12th Adhyaya, Shotha vyadhi and its chikitsa is described in detail. Shotha is explained as the disease as well as symptom of some other diseases. Also in Vatvyadhi Chikitsa Adhyaya, Charaka has given symptoms of Sandhigat Vata like Sandhishotha along with Vatpurnadrutisparsha, Sandhi-shoola. Also Acharya Madhava has explained the vyadhi Amavata in which Sandhishotha is one of the symptoms along with Angamarda, Alasya and Gaurava.

Most of the patients neglect slight oedema present at the joints or else get it treated by some anti-inflammatory drugs like NSAIDs, steroids. The continuous use of which leads to hyperacidity. For which many practitioners prescribe this drugs with proton pump inhibitors such as pantoprazole, omeprazole which causes 100 % gastric acid secretion. Lack of this essential component which is necessary for digestion of ingested food favours formation of maldigested material that is 'Ama'. This Ama formed circulates in the body and gets lodged in joints, thus increases the oedema and the vicious cycle continues.

The prevalence rate of this disease is high and there is no any previous work done on Guda-Pippalyadi Choorna in Sandhi-shotha vyadhi. Thus initiated to work on this subject

2. AIM & OBJECTIVES

2.1 AIM:- To Study the efficacy of Guda-Pippalyadi choorna[1] in Shotha with special reference to Sandhi-shotha[2].

2.2 OBJECTIVES:-

- To study the effects of Guda-pippalyadi choorna in sandhi shotha.
- To observe the adverse effects of Guda-pippalyadi choorna if any.

3.REVIEW OF LITERATURE

3.1Disease review-12th chapter of Charak Samhita Chikitsa Sthana deals with treatment of Shotha. Shotha is mainly of two types Nija and Agantu. According to Ashraya-bhed Shotha is classified as Sarwasharirvyapi, Ardhsharirvyapi, Ekanga Shotha. Nija Shotha is again classified into Vataj,

Pittaj, Kaphaj, Dwandwaj-3, Sannipatik -1. The symptoms of Shotha are according to the Doshas involved in the Samprapti. The Doshas participate in the Samprapti with following Gunas; Kapha with its Guru, Manda, Sandra, Sheeta, Madhura Guna, Pitta with its Amla, Drava and Rakta with its Madhura, Snigdha, Drava, Guru Gunas.

Depending upon the causes, nature of pain, site, symptoms; types of Shothas are innumerable. Out of which Sandhi-shotha is considered for this study. It is also found as symptom of many other diseases like Aamvata, Sandhigatwata in its samawastha etc. When the vitiated Vata, reaches the peripheral vessels, vitiates the Kapha, the Rakta(blood), and the Pitta and obstruct the channels. The agni/pitta at the site brings dhatupaka and tha kleda(liquid) derived from the dhatupaka oozes from the channels leading to shotha.

3.2 Drug review:

Guda-pippalyadi Choorna is mentioned in Chakradatta 39th chapter. Ref Table no. 1.

4. MATERIALS AND METHODS:

The Trial Drug: Guda-Pippalyadi Choorna.

Study Desing: Randomized open clinical trial.

Sample Size: 50

Setting: Sheth Tarachand Ramnath, Hospital, OPD, Pune, Maharashtra, India.

Ethical Committee Clearance: Ethical Committee clearance was obtained on 5.12.2015 (Ref.No.-RSTH/PG/IEC/796/2015)

Informed Consent-Written informed consent was obtained from all the allotted patients.

5. INCLUSION CRITERIA

- Patients irrespective of age, sex, marital status and economical status were selected
- Patients diagnosed as Sandhigatavata using the special CRF designed for the study were selected.
- Patients with shotha at any one of the sandhi Ansa, Kurpara, Manibandha, Janu, Gulpha.

6. EXCLUSION CRITERIA

- Patients with other joints deformities for example: frac-

ture, permanent joint damage were excluded.

2. Steroid dependents patients avoided .
2. Auto immune diseases –like SLE, Ankylosing Spondylitis, psoriatic arthritis.
3. Neoplasms.
4. Known cases of serious Cardiac disorders, Pulmonary TB, Pregnancy, HIV, renal failure, Neurological disorder etc.

7. WITHDRAWAL CRITERIA

1. Occurrence of Serious adverse events.
2. The investigator feels that the protocol has been violated or patient has become non co-operative.
3. Further continuation of the study is likely to be detrimental to health of the patients.

8. DROP OUTS

1. Patients absent for continuous 2 follow-ups was considered as dropped out from this project.
2. The patient was willing to continue the trial

9. TREATMENT OF SUBJECT

Dosage of Guda-Pippalyadi Choorna-

15 gram

Route of administration- Oral

Anupana- Luke warm water

Kala (time) – 7am and 7pm

Duration of trail-60 Days

10. STANDARD OPERATIONAL PROCEDURES OF GUDA-PIPPALYADI CHOORNA

Ingredients:-

- 1) Shunthi (Zingiber officinale)
- 2) Pippali (Piper longum)
- 3) Guda (Jaggery).

11. PROCEDURE

1. The choorna of guda, pippali and shunthi was prepared by using standard textual method. (reference Sharangdhara samhita)
Mesh size of churn was 65-80.
2. Pippali and shunthi choorna 5 gm each were mixed with jaggery with luke warm water twice a day for 60 days were given. For every administration fresh combination was prepared.
3. The puran guda made by natural process without any chemicals was taken.

12. ASSESSMENT CRITERIA

Sandhi-shotha was scored according to measurements on every follow up.

Sandhi-shula was scored according to VAS scale.

Sandhi-gauraw, Ushna-sparsha was scored according to the gradations.

Agnimandya was scored according to Kshudha Prachiti after taking food.

Siratnutwa and Vaiwarnya was scored on the basis of its presence and absence.

Body wt. – On every follow up.

Difference between before treatment (Day 0), after treatment (Day 60).

For the assessment, the data from the follow ups day 0th, 15th, 30th, 45th, 60th were considered.

Baseline Laboratory Investigation

Haemogram

ESR

BUL

Sr. Creat

Urine ®

RA

CRP

ASO-Titre

Analysis of Data

Quantitative data analysed by Wilcoxon Rank Sum Test, quantitative data analysed by Paired t Test.

13. OBSERVATION & RESULTS

In this study it is observed that, 66% of patients were in age group 30-45 years. Out of which 76% were females in that 78% were housewives. 22% of patients were of Vata-Kapha prakruti.

-On 60th day, 2% were having excellent relief, 74% had shown moderate relief, whereas 24% patient indicated no relief in Agnimandya.

- On 60th day, 3.52%patients were having excellent relief, 85.87% had shown moderate relief, whereas 9.41% patient indicated no relief in Sandhi-gaurava.

-On 60th day, 4.70% patients were having excellent relief, 79.99% had shown moderate relief, whereas 12.94% patients indicated no relief in Ushna-sparsha.

-On 60th day, 50.58% patients were having excellent relief, 45.88% had no relief in Vaiwarnya.

-On 60th day, 34.11% patients were having excellent relief, 65.88% had shown no relief in Siratnutwa.

-The mean reduction of shotha at knee joint was 1.42 cm at right side and 1.03cm at left side. And the mean reduction in Shotha at ankle joint is 0.94 cm at right side and 1.09 cm at the left side.

In the present study it was observed that, the symptoms like Sandhi-gaurava, Sandhi-Shotha, Siratnutwa, Ushna-sparsha, Vaiwarnya, Animandya and Sandhi-shool got significant results as $p < 0.05$.

14. DISCUSSION

The efficacy of Guda-pipssspalyadi choorna was due to Rasa, Virya, Vipaka and Guna. According to Nighantukaras Katu, Ushna, Deepana, Pachana Guna of Shunthi; Katu, Tikshna, Deepana, Pachana and Ushna properties of Pippali and laghu, Rakta-prasadak and agnipushtikar properties of Guda causes Agnideepana and Pachana of Aam . Srotorodha due to Sanchit Aam (maldigested food) reduces. The Kleda present at Joints reduces, thus Shotha at joints reduces.

15. LIMITATION OF STUDY AND FURTHER SCOPE OF RESEARCH

-Study was conducted only on 50 patients in the present trial. Hence to study all the patterns in details; it must be conducted on large size of sample.

-The study can be conducted along with different modes of administration to get better results.

16.CONCLUSION

Based on the obtained data conclusions is drawn,Guda-Pippalyadi Choorna is effective in the treatment of Sandhi-shotha as an effective Shaman Chikitsa.

No	Dra- vya	Rasa	Vipa- ka	Veerya	Guna	Dosha ghnata
1	Shun- thi	Katu	Mad- hura	Ushna	Deepana,Rochana, Bhedak	Ka- phaghna, Vataghna

No	Dra- vya	Rasa	Vipa- ka	Veerya	Guna	Dosha ghnata
2	Guda	Mad- hura	Mad- hura	Nati sheeta	Snigdha, Ishatkashaya	Vataghna, Ka- phavard- haka
3.	Pip- pali	Katu	Mad- hura	Anush- na	Laghu, Snigdha, Tikshna, Deepana Pachana	Vat-ka- phasham- ak

**Table No.1: Rasa Panchaka[3] of Guda-Pippalyadi Choo-
rna.**

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